

## 2022 ICADD KEYNOTE SPEAKERS



**Tuesday, May 10, 2022 -- 8:30am-10:00am**

**Location ~ Jordan Ballroom**

**Kenneth Minkoff, MD**

### **"Integrated Systems and Services for People with Co-occurring Mental Health and Substance Use Disorders"**

This presentation provides a framework for how to design an entire system of care based on the presence of people with co-occurring needs in all settings. The framework suggests that all programs and all persons providing help be designed to be "co-occurring capable" and outlines six principles of integrated treatment, and associated interventions, that can be applied in any program setting within available resources. Application of these principles within addiction treatment settings will be specifically discussed.

Dr. Minkoff is Vice President and Senior Consultant at ZiaPartners, Inc. in Tucson AZ. He is an internationally known expert on developing welcoming, integrated systems and services for individuals and families with complex and co-occurring MH and SUD, as well as other health and human services needs. He has provided consultation in over 40 states, 7 Canadian provinces, and 4 states in Australia, and serves on multiple national boards and committees.



**Wednesday, May 11, 2022 -- 8:30am-10:00am**

**Location ~ Jordan Ballroom**

**Stephanie S. Covington, PhD, LCSW**

### **"The Addiction-Trauma Connection"**

Addiction and trauma are often addressed as separate issues. Yet, behavioral health professionals continue to report a clear and consistent association between the incidence of addictive disorders and all forms of traumatic experience. The evolution of trauma services within addiction treatment is discussed and the three levels of trauma work are defined. Topics will also include the impact of relentless stress, the process of trauma, the ACE study, and recommendations for evidence-based resources.

Stephanie S. Covington, Ph.D., L.C.S.W., is an internationally recognized clinician, organizational consultant, and lecturer. For over thirty-five years her work has focused on the creation of gender-responsive and trauma-informed services. Her extensive experience includes designing women's services at the Betty Ford Center, developing programs for women in criminal justice settings, and being the featured therapist on the Oprah Winfrey Network TV show entitled "Breaking Down the Bars." She has conducted seminars for behavioral health professionals, community organizations, criminal justice professionals, and recovery groups in the United States, Canada, the United Kingdom, Mexico, Europe, Africa, Iceland, Brazil, and New Zealand. She has published extensively, including ten gender-responsive, trauma-informed treatment curricula. She is also the author of the best-selling book, *A Woman's Way through the Twelve Steps*. Dr. Covington is based in La Jolla, California, where she is co-director of both the Institute for Relational Development and the Center for Gender and Justice.



**Wednesday, May 11, 2022 -- 8:30am-10:00am**

**Location ~ Jordan Ballroom**

**Elizabeth "Libby" Stuyt, MD**

### **"Addiction: A Disorder of the Learning and Memory System"**

Addiction can be a devastating illness for individuals and their families and can lead to death. However, it is a very treatable illness and recovery is completely possible. This presentation will help people understand how addiction happens, the risk factors associated with the development of the illness, and treatment components that can help with optimum recovery.

Dr. Stuyt is a board-certified Addiction Psychiatrist and has worked in the addiction/behavioral health field since 1990. She was the Medical Director for the Circle Program, a 90-day inpatient treatment program, funded by the state of Colorado, for persons with co-occurring mental illness and substance abuse who have failed other levels of treatment from June 1999 to May 2020. She was instrumental in helping the Circle Program to become tobacco free in January 2000. She incorporates complementary treatments into treatment programs, including the 5-point ear acupuncture NADA (Nat'l Acupuncture Detox. Assoc.) protocol and BST (Brain Synchronization Therapy), to help patients recover from addiction & trauma which often underlie addiction and chronic pain issues. Her current mission is to educate on the un-intended consequences of the commercialization of marijuana in Colorado, focusing primarily on the deleterious effects of high potency THC on the developing brain.

## Pre-Conference Schedule

Classes begin at 9:00 am and conclude at 4:45 pm

Two Fifteen Minute Breaks: 10:30 am to 10:45 am and 3:00 pm to 3:15 pm

Lunch 12:15 pm to 1:30 pm (on your own)

### Workshop 1 (choose 1A, 1B, or 1C)

(9:00 am - 10:30 am)

Location: TBA

**1A:** Carlton Hall, MHS, “Ethics for the Prevention Provider - A Brief Learning Intensive” Part 1 of 2  
(1.5 Ethics CEs; **must take with Workshop 2A**)

The goal of this workshop is to provide a highly interactive refresher for those prevention specialists who would benefit from a review and update of basic prevention ethics concepts. Overview of the Prevention Code of Ethics. The entire ethics code will be reviewed in this early group activity. In-depth discussion of the Ethical Decision Making Process.

**1B:** Kavi Branham, MS, LCPC, “The ToP Focused Conversation Method” - 1.5 CEs

This workshop will teach participants how to design and facilitate effective meetings where participation is a key to success as well as become more effective in facilitating virtually every form of group communication. The Focused Conversation Method is geared toward facilitating meaningful, focused, engaging, and purposeful exchanges of ideas and discussions. No matter the group setting, participants will learn skills to broaden group members’ perspectives, elicit clear ideas and conclusions, and move any discussion to a productive end.

**1C:** Sarah Kearney, LCSW and Christina Pollock, LCPC, “What You Need to Know about Military Sexual Trauma and SUDs” Part 1 of 2  
(1.5 CEs; **must take with Workshop 2C**)

This presentation will highlight the prevalence of Military Sexual Trauma and discuss the implications of this experience on military veterans, their families and the community. Participants will gain knowledge as to how effectively assess for Military Sexual Trauma and connect military veterans to appropriate resources and support. Participants will gain a greater understanding of the barriers veteran face in addressing Military Sexual Trauma, from a systems and interpersonal perspective.

### Workshop 2 (choose 2A, 2B, or 2C)

(10:45 am - 12:15 pm)

Location: TBA

**2A:** Carlton Hall, MHS, “Ethics for the Prevention Provider - A Brief Learning Intensive” Part 2 of 2  
(1.5 Ethics CEs; **must take with Workshop 1A**)

Capstone Scenarios. An intensive interactive small group activity requiring the practical application of the prevention code of ethics and the ethical decision-making process.

**2B:** Kavi Branham, MS, LCPC, “Adding to the Trauma-Informed Toolbox” - 1.5 CE

As a primary or co-occurring challenge for so many individuals, trauma seems to have never been so prevalent. Whether an expert in the area of trauma or not, it is increasingly vital to add to our toolboxes to assist in the work of trauma care. This workshop will assist participants in better understanding some of the common ingredients of trauma and then how to learn and utilize practical tools to assist with de-escalation, coping, and healing of trauma.

**2C:** Sarah Kearney, LCSW and Christina Pollock, LCPC, “Clinical Treatment Considerations in Treating Military Sexual Trauma and SUDs” Part 2 of 2 (1.5 CEs; **must take with Workshop 1C**)

Participants will gain a greater understanding of the concepts associated with Trauma Informed Care (TIC) and have an enhanced ability to create safe spaces for Veterans who have experienced Military Sexual Trauma to engage in treatment. Participants will learn effective intervention techniques and be provided with practical skills to improve outcomes for clients served. Vicarious trauma will be discussed, as well as protective strategies that can be utilized by the participant.

## Pre-Conference Schedule (continued)

### Workshop 3 (choose 3A, 3B, or 3C)

(1:30 pm - 3:00 pm)

Location: TBA

#### **3A: Carolyn Peterson, Senior Trainer, “Positive Action: An Effective Model for Prevention” - 1.5 CEs**

Positive Action is a recognized prevention program with the National Institute of Justice (NIJ), Crime Solutions and Office of Juvenile Justice and Delinquency Prevention (OJJDP) as an Effective Model Program as well as a Model Program with Blueprints for Healthy Youth Development, in addition to being a proven social and emotional learning (SEL) program. SEL programs are currently a popular national movement in education and prevention due to a perceived increasing need for it among children and youth.

#### **3B: Troy Montserrrat-Gonzales, MA, LPC, “Transgenerational Trauma, Resilience, and Recovery in Tribal Communities - Trends and Promising Practices to Promote Healing and Whole Community Health” - 1.5 CEs**

This 90-minute workshop will bring together targeted information about the relationship between transgenerational trauma, tribal communities’ cultural strengths and practices, and current trends in recovery in Indian Country. We’ll review current data about the prevalence of substance use and behavioral health issues in Indian Country as well as current mainstream and culturally-responsive interventions being utilized.

#### **3C: Dee LeBeau-Hein, “Training and Supervising Native American Recovery Coaches: A weaving together of Tribal Culture, Spirituality, and Tradition with the Peer Recovery Model” Part 1 of 2 (1.5 CEs; *must take with Workshop 4C*)**

This presentation will introduce participants to the Peer Recovery Model and how cultural adaptations and cultural considerations can enhance recovery support when working with an Indigenous population. The presenter will share the journey to growing a culturally sensitive approach to the model while developing Peer Recovery Coach Supervisors who will implement the model whilst developing other peer coaches in the making of recovery champions within their tribal communities.

### Workshop 4 (choose 4A, 4B, or 4C)

(3:15 pm - 4:45 pm)

Location: TBA

#### **4A: Dennis Embry, PhD, “A Classroom ‘Game’ Played Several Times a Day Reduces Addiction and Mental Illnesses for a Lifetime with No Lessons About the Harms of Alcohol, Other Drugs and Tobacco” - 1.5 CEs**

Presently, 50K educators use the PAX Good Behavior Game, benefiting 2,000,000 students. PAX’s 10 simple strategies create more teaching and learning time. The strategies become a daily “game recipe” during any activity, “instantly” improving needed school and life skills while reducing unwanted behaviors. PAX creates more peace, productivity, health, and happiness at school and home. Benefits last a lifetime: more income, better relationships; less crime, ACEs, addictions, suicide, psychiatric disorders, and poverty. Educators are happier and healthier.

#### **4B: Kavi Branham, MS, LCPC, “If Only We Could Catch the Subtle Drift Towards Burnout!” - 1.5 CE**

Burnout is rarely a sudden thing that comes upon us like flipping a switch; it is gradual and often subtle. While most of us are aware of the need for self-care, how are we doing with our self-care professionally and personally? This session will define and help participants better understand burnout with accompanying signs and then address how to respond to burnout with practical tools and skills for coping and prevention of burnout in the future.

#### **4C: Dee LeBeau-Hein, “Training and Supervising Native American Recovery Coaches: A weaving together of Tribal Culture, Spirituality, and Tradition with the Peer Recovery Model” Part 2 of 2 (1.5 CEs; *must take with Workshop 3C*)**

For description, see Workshop 3C.

# SCHEDULE OF BREAKOUT SESSIONS

## Session Focuses\*

- Focus 1 Prevention & Coalition
- Focus 2 Recovery Support
- Focus 3 Youth & Family
- Focus 4 Clinical Education & Skills
- Focus 5 Criminal Justice

**\*You can select one focus for all sessions or mix and match across focuses. Be sure to note those sessions where it states you must attend all sessions. Many sessions touch on more than one focus.**

## Tuesday Breakout Sessions

**Tues. Breakout Session 1**  
10:15 am-12:00 pm

**Focus 1: Solution Oriented Approaches to Youth and Young Adult Nicotine Addiction in Behavioral Health Settings**  
Cas Adams, MHE, CHES

**Location ~ TBA**

This presentation will review nicotine addiction in youth and young adults, basics of vaping, including its ingredients, trends in use, reasons for use, and health impact, and evidence-based practices for prevention and cessation of nicotine, including vaping, in behavioral health settings. By the end of this presentation, participants will have a greater understanding of how vaping impacts the youth and young adults they serve and be equipped with complementary resources.

**Focus 2: Transgender & Gender Nonconforming Clients (T/GNC) 101: What You Need to Know Now**  
Dr. Misty Wall

**Location ~ TBA**

Effectively working with T/GNC clients takes more than being open-minded, affirming, or even being an Ally. Dr. Wall provides a necessary primer on language, diagnosis, and your role as a helping professional with T/GNC clients according to the WPATH standards of practice. This section is ideal for those practitioners unsure of what language to use with/about T/GNC clients and those seasoned professionals wanting a refresher about the most current language and standards of practice.

**Focus 3: "Trauma, Culture, and Language Considerations for Substance Use Treatment"**  
Katie Best, LCSW, and Elizabeth Rutten-Turner, LCSW

**Location ~ TBA**

Using substances can be a way to cope with pain and dysregulation in the body caused by traumatic experiences. Our individual and community culture informs how we express that pain and dysregulation and our definition of health. Participants in this training will learn about trauma informed care in substance use treatment as well as cultural and language considerations for care.

**Focus 4: Individualized Integrated Assessment and Recovery Planning**  
Kenneth Minkoff, MD

**Location ~ Jordan Ballroom**

This workshop will apply the principles in the keynote to the processes of assessment and recovery planning. The presentation will introduce how to perform an Integrated Longitudinal Strength-Based Assessment, with emphasis on recovery, hope, and strength, and then use the information in the assessment to develop an integrated case presentation format leading to an integrated treatment plan for addressing SUD, MH, health, and other needs in an integrated fashion. An integrated recovery plan template will be demonstrated using a case example.

**Focus 5: Radical Wellness: Addressing Compassion Fatigue and Promoting Resilience among Human Services Professionals**  
Troy Montserrat-Gonzales, MA, LPC

**Location ~ TBA**

This 90-minute interactive workshop will provide the most current information on burnout, compassion fatigue, resilience, and compassion satisfaction for human services staff. We'll discuss the neurobiology of stress, burnout, and resilience; the effects of trauma in the workplace; and learn best practices and targeted strategies we can use to take care of ourselves and promote workforce wellness.

**Tues. Plenary Session**  
- All Attend  
1:15 pm-3:00 pm

**This session is a plenary session which all registrants will attend in the Jordan Ballroom. There are no optional presentations during this time period.**

**"Tobacco-Free Living for Your Behavioral Health Clients"**  
Jason M. Satterfield, PhD, Heath Hayes, MA, MHR, Christine Cheng, Katie Rodgers

**Location ~ Jordan Ballroom**

This panel plenary session will include a variety of speakers who will speak on the importance of tobacco-free living, particularly for individuals who have mental health and/or substance use conditions. Christine Cheng, Partner Relations Director from Smoking Cessation Leadership Center, will act as moderator and begin the session by providing a brief overview of the plenary and describing the work of the SAMHSA National Center of Excellence for Tobacco-Free Recovery. Katie Rodgers, a peer speaker, will then describe her experiences with smoking and her journey to living tobacco-free. After the peer speaker, Jason Satterfield, PhD, Professor of Clinical Medicine at University of California, San Francisco, will present information and statistics regarding tobacco use among individuals with behavioral health conditions as well as tools for quitting. Following a short Q&A session, Heath Hayes, Chief Communication Officer at the Oklahoma Department of Mental Health and Substance Abuse Services, will speak on his experience with addressing tobacco use among individuals who smoke, along with the importance of peer support services in tobacco cessation. Following these presentations, Christine Cheng will moderate questions from the audience.



# SCHEDULE OF BREAKOUT SESSIONS

## **Tues. Breakout Session 2** **3:15 pm-5:00 pm**

### **Focus 1: Alcohol Poisoning Education, Underage Drinking**

Debbie Allen - Shelby's Rules Foundation

**Location ~ TBA**

As a result of losing her 17 year old daughter Shelby to alcohol poisoning in 2008, California mother Debbie Allen created an educational foundation, Shelby's Rules, to inform students and parents of the little known danger of death caused by alcohol poisoning that can occur in a very short time with a surprisingly small amount of alcohol.

A 5-minute video that includes gut-wrenching text messages and pictures captured from her daughter's cell phone the night Shelby died sets the stage for Debbie's presentation.

Setting Debbie's presentation apart from most drug and alcohol programs, she illustrates in a "hand's on" manner the danger of alcohol poisoning: the causes, the symptoms, the treatment, and myths to be aware of that can lead to death, such as letting an unconscious person "sleep it off".

### **Focus 2: Strategies to Implementing Tobacco-Free Living, Addressing Tobacco Use Dependency Among your Clients**

Francis Vitale, MA, Bryce Kyburz, MA, Christine Cheng

**Location ~ TBA**

This breakout session will take a deeper dive from the earlier plenary session and begin with a presentation by Frank Vitale, Clinical Assistant Professor at Purdue College of Pharmacy and National Director of the Pharmacy Partnership for Tobacco Cessation. Frank will discuss the importance of tobacco cessation among your clients, along with steps to addressing the client's use of tobacco. Frank will then provide tips on how to offer effective motivational interviewing, explain the Ask-Advise-Refer model, and provide an overview of tobacco cessation medications. Following Frank's presentation and a short Q&A session, Christine Cheng, Partner Relations Director from the Smoking Cessation Leadership Center, will speak on ten steps to implementing a tobacco-free campus policy. Lastly, Christine Cheng

will join Bryce Kyburz, Project Manager for Taking Texas Tobacco Free, in a Fireside Chat where Bryce will answer questions from Christine and the audience about his experience with implementing tobacco-free campus policy, along with tips to improving wellbeing among clients who use tobacco.

### **Focus 3: Trauma-Informed Mental Health Care with Transgender and Gender Diverse Clients)**

Michael Kuffel, LCPC

**Location ~ TBA**

Transgender and gender diverse (TGD) people experience high rates of trauma, discrimination, and suicide risk and thus have unique therapeutic needs. As counselors, we need to understand their experiences and be prepared to treat them with dignity and respect. This presentation serves to help clinicians better understand those needs and integrate a trauma-informed approach. Learning Objectives: By completing this CE presentation, participants will gain (1) a basic understanding of the TGD experience, (2) strategies for conceptualizing and treating gender dysphoria and trauma, (3) and learn ways of applying trauma-informed therapies with TGD people.

### **Focus 4: Using Empathy to Promote Integrated Change: Stage-matched Interventions for Co-occurring Conditions**

Kenneth Mlnkoff, MD

**Location ~ Jordan Ballroom**

This workshop will build on the principles provided in the keynote, and the integrated treatment planning approach described in breakout 1 (which is recommended but not required), to do a deeper dive on how to implement integrated stage-matched interventions (individual or group) for individuals who may be in different stages for different issues. The value of an empathic relationship, within which small steps of stage-matched progress are achievable and applauded, is described, with specific attention to the implementation of this approach within addiction treatment settings.

### **Focus 5: Dynamic Program Delivery**

P. Brianna Irving, CADC

**Location ~ TBA**

This seminar will provide relevant information for program facilitators for creating more effective, innovative and impactful learning environments for their participants.

Attendees will receive practical techniques for improving participant engagement and becoming more impactful facilitators. This seminar will also include discussion about using creative and dynamic techniques to facilitate pre-designed program curricula in an incarcerated setting.

## **Wednesday Breakout Sessions**

### **Wed. Breakout Session 3** **10:15 am-12:00 pm**

### **Focus 1: Recovery in Native American Communities**

Ryan Ortivez, CRC, CRC Supv., CPSS

**Location ~ TBA**

In this presentation, you will hear perspective and lived experience as to what it's like to go through addiction and recovery, in particular in a Native American community, and what some of the challenges have been. We will also discuss how programs have evolved and made it easier to navigate through some of the struggles of recovering in native communities.

### **Focus 2: Harm Reduction and the Idaho Harm Reduction Project**

Marjorie Wilson, LMSW, MPH

**Location ~ TBA**

This presentation will cover the basics of harm reduction, including the philosophy and the principles of harm reduction, and how it is practiced with substance use. We will specifically address how harm reduction practices have been incorporated into the spectrum of care for people with substance use disorders in our state. After addressing the foundation of harm reduction, we will discuss how to mitigate the impact of the stigma of substance use in service provision.

### **Focus 3: Behavioral Epigenetics: An Intergenerational Story of Hope for Living Well in Recovery**

Don Scherling, PsyD, LADC

**Location ~ TBA**

While genetics (Nature - Inheritance) plays a key role in one's risk and prognosis of chronic conditions (addiction, cancer, metabolic disorders, mental illness), our environment (Nurture - Experience) including how we eat, sleep, move, interpret, and respond to stress, manage toxic

# SCHEDULE OF BREAKOUT SESSIONS

exposures, cultivate meaning, and connect with others in relationships) play a vital role as well. In the emerging field of epigenetics, we are coming to see that a healthy lifestyle focused on wellness can potentially redirect our genetic predispositions and transform our lives and the lives of those we love.

## **Focus 4: Lets Talk about Perinatal Harm Reduction Baby! Strategies to Engage and Improve Outcomes for Pregnant and Parenting People Who Use Drugs or Who are Living with a Substance Use Disorder**

Glyceria "Ria" Tsinas, QMHA

**Location ~ TBA**

Attendees will gain a better understanding of how the War on Drugs has shaped policy, service delivery, cultural attitudes, and theories of addiction medicine (biopsychosocial vs medical models) specific to pregnant and parenting people. They will be able to identify ways in which institutional violence and implicit bias create harm. Attendees will be provided with concrete strategies and action steps to reduce substance-related harm during the perinatal period and to improve outcomes for pregnant and parenting people who use drugs.

## **Focus 5: Women in the Criminal Justice System: Approaches to the Treatment of our Most Invisible Population**

Stephanie S. Covington, PhD, LCSW

**Location ~ Jordan Ballroom**

One of the most challenging places to provide services is in a criminal justice setting. This challenge is increased by the growing numbers of women and girls in a setting designed for men and boys. The pathways of women and girls into the system (substance misuse, violence, and poverty) provide the framework for developing effective services. This presentation reviews the NIC guiding principles, focuses on critical issues, and provides specific treatment strategies from four gender-responsive curricula.

**Wed. Breakout Session 4  
1:15 pm-3:00 pm**

## **Focus 1: Comprehensive Prevention Programming in Schools: The Whole School, Whole Community, Whole Child (WSCC) Model**

Christi Meyer - Lewiston High School

**Location ~ TBA**

Learn how an Idaho high school Health & Physical Education department is implementing innovative prevention programming utilizing the Whole School, Whole Community, Whole Child (WSCC) model. This team's approach has transformed their substance abuse prevention programming by emphasizing a coordinated effort amongst school health, physical education, physical activity, family engagement, and school support services. By partnering with all stakeholders, including school administration, counseling staff, local police department, parents and community members, this high school is establishing proactive and preemptive health and fitness programming to offer positive solutions for alcohol, tobacco, and drug abuse prevention programming.

## **Focus 2: Interdisciplinary Strategies for Healing Moral Injury and Soul Wounds**

Chaplain Rachel F. Mikaelsen, M.Div, BCC

**Location ~ TBA**

We will explore how moral injury and soul wounds impact addiction and substance use in Veterans. Learn about interdisciplinary strategies for facilitating healing through groups, individual care, ritual, and spiritual practice.

## **Focus 3: Supporting Grief 'Work' in Recovery**

Don Scherling, PsyD, LADC

**Location ~ TBA**

Loss, bereavement, and grief are unavoidable experiences in human life. Substance Use, Post-Traumatic Stress Disorder, and Physical & Mental Illnesses greatly increase the risk of unexpected, tragic, and traumatic losses, motivate behaviors to numb pain and distress, and multiply challenges to engaging in the important "work" of grieving, which is also complicated by stigma, guilt, and shame in the context of substance use, overdose, and suicide deaths. This workshop reviews theories of bereavement and grief to provide practical tools for supporting bereaved people and loved ones in both active addiction and recovery.

## **Focus 4: Why Gender Matters: Creating Trauma Services for Women, Men and Gender Minorities**

Stephanie S. Covington, PhD, LCSW

**Location ~ Jordan Ballroom**

This session presents a brief overview of the history and the meaning of the term gender-

responsive. Historically, gender-responsive was applied to women's services only, and more recently was expanded to treatment for men. However, this presentation also includes the perspective of gender on a continuum that includes transgender, gender nonconforming, and nonbinary individuals. Topics include current definitions, the importance of pronouns, examples of gender-inclusivity, gender and trauma, and gender-responsive, evidence-based resources for programming.

## **Focus 5: Women's Lived Experience of Incarceration: Implications for Practice"**

**(Part 1 of 2) must also attend Part 2 - Breakout Session 5, Focus 5.**

Amy B. Smoyer, MSW, PhD, and Warden Janell Clement, LCSW, CCHP

**Location ~ TBA**

This interactive session will describe women's lived experience of incarceration and the impact of this experience on health and psychosocial outcomes. The discussion will center on the daily activities of prison life including food-related behaviors and toilet practices and the distinctive experiences of sexual minority women. Case studies from Idaho's Pocatello Women's CC will be shared. Speakers will lead conversations with participants about the implications of this information for community-based practice with formerly incarcerated and justice-involved women.

**Wed. Breakout Session 5  
10:15 am-11:45 am**

## **Focus 1: Current Drug Trends in Idaho Panel Discussion**

Panel Speakers Hunter Coleman, Idaho Board of Pharmacy, Megan Hartigan, Drug Overdose Prevention Program, and representatives from IDHW Division of Public Health, and DEA Boise Field Office

**Location ~ TBA**

The discussion will feature a wide range of panelists with expertise in the field, including Idaho Board of Pharmacy Research Analyst, Hunter Coleman; Idaho Department of Health and Welfare, Division of Public Health, Drug Overdose Prevention Program Principal Research Analyst, Megan Hartigan; and representatives from the Drug Enforcement Administration Boise Field Office. These specialists will cover how we, as a community, combat emerging drug trends as well as answer questions participants may have.

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## Focus 2: Peer Hope and Recovery

Daniel Chapman, CPSS,  
Cameron Rail, CPSS, and  
Steven Walker, CPSS

**Location ~ TBA**

This presentation will be offered by Certified Peer Support Specialists working with Veterans at the Boise VAMC. Peer Support Specialists help Veterans navigate the recovery process by implementing the Principles of Recovery, following SAMSHAs recovery definition: Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

## Focus 3: A Clinician's Guide to Peer Support and Helping Youth Chart their Course: A Guide to Transition

Carta Hart, MEd and Julie Hardle,  
Manager, Recovery and Resiliency

**Location ~ TBA**

Transition Information - Imagine that you're about to turn 18 years old, again! What kind of choices would you make for yourself today? This presentation will discuss a new Optum Idaho tool for members turning 18 years old who are moving from youth Medicaid behavioral health services into adult Medicaid behavioral health services. We will discuss why it is important to prepare for transitions, resources found inside the guide as well as activities that will help members advocate for their needs.

Peer Information - Peer workers are emerging as important members of treatment teams. As individuals who have experienced mental illness and/or substance use issues and recovery, they can assist others in a unique way that complements clinical care. The presentation will discuss the history, the four models of peer support, and the effective use of peer workers in crisis diversion programs. Clinicians will learn that the integration of peer support into the continuum of care shows evidence that demonstrates better outcomes and an increase in quality of life measures.

## Focus 4: Exploring Trauma: A Brief Intervention for Men

Stephanie S. Covington, PhD, LCSW

**Location ~ Jordan Ballroom**

With a deepening understanding of the impact of trauma, clinicians are recognizing specific issues for men. These include

men's silence surrounding abuse, the impact of male socialization on men's response to trauma, the risk of victims becoming abusers, and the need to understand men's shame and fear to explore trauma. This training will introduce the innovative and evidence-based 6-session program, Exploring Trauma: A Brief Intervention for Men (newly expanded to be inclusive of gender diversity).

## Focus 5: Women's Lived Experience of Incarceration: Implications for Practice" (Part 2 of 2) *must also attend Part 2 - Breakout Session 4, Focus 5.*

Amy B. Smoyer, MSW, PhD, and Warden  
Janell Clement, LCSW, CCHP

**Location ~ TBA**

This interactive session will describe women's lived experience of incarceration and the impact of this experience on health and psychosocial outcomes. The discussion will center on the daily activities of prison life including food-related behaviors and toilet practices and the distinctive experiences of sexual minority women. Case studies from Idaho's Pocatello Women's CC will be shared. Speakers will lead the conversation with participants about the implications of this information for community-based practice with formerly incarcerated and justice-involved women.

## Thursday Breakout Sessions

**Thur. Breakout Session 6  
10:15 am-11:45 am**

## Focus 1: The Problems with High Potency THC from the Perspective of an Addiction Psychiatrist – Following the Science

Dr. Elizabeth Stuyt

**Location ~ TBA**

When Colorado legalized medical marijuana in 2000, the highest THC potency was 5 % in the plant and there were no concentrates. Concentrates began to appear in 2010 and have increased THC potency, some above 90% THC. Because these products have been aggressively marketed as "medical" (without any research to document safety or efficacy), people think they are safe. We have a significant increase in adolescents and young adults using these products with negative consequences.

Dr. Stuyt is a board-certified Addiction Psychiatrist and has worked in the addiction/behavioral health field since 1990. She

was the Medical Director for the Circle Program, a 90-day inpatient treatment program, funded by the state of Colorado, for persons with co-occurring mental illness and substance abuse who have failed other levels of treatment since 1999. She retired from this position in 2020 and is currently motivated to educate as many people as possible on the un-intended consequences seen from the commercialization of marijuana in Colorado, focusing primarily on the deleterious effects of high potency THC on the developing brain and mental health.

## Focus 2: The Phoenix: Who We Are

Andrea "Andi" Coccozo, 500-hr eRYT, CPT

**Location ~ TBA**

The Phoenix's mission is to build a sober active community that fuels resilience and harnesses the transformational power of connection so that together we rise, recover, and live.

The Phoenix is an innovative nonprofit organization that helps people recover from substance use disorder and heal by leveraging the intrinsic transformative power of social connection and activity. Through group fitness, meditation, running, climbing, hiking, dance, and other meaningful activities, The Phoenix combats the isolation, shame, and hopelessness that often surrounds substance use disorder and perpetuates relapse. Events at The Phoenix are FREE to anyone with at least 48 hours of continuous sobriety. By meeting each person where they are and believing in them until they can believe in themselves, we create an environment where healing happens and recovery flourishes. We help thousands of individuals rise every day from the ashes of addiction and find the hope and support they need to thrive.

## Focus 3: "Re-Entry/Probation/Parole Simulation Training"

Shawn L. Hill, Director, Bingham County Probation

**Location ~ TBA**

This simulation was developed by the federal probation workgroup called "Re-Entry and Resources" out of Missouri. It was designed to give criminal justice professionals and those that work around the criminal justice field a "walk a mile in their shoes" perspective through the eyes of someone who has recently been released back into the community from prison/jail or has been placed on probation or parole.



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Please note that I do not deserve credit for this simulation training. The credit belongs to the 18 volunteers this simulation training requires for effective and appropriate facilitation. Participants are given a participant packet that explains who they are for the duration of the simulation.

This simulation is broken down into six phases. Phase one is the introduction where all participants are given their respective packet and basic instructions preceding their participation in the simulation training. Participants are given a few moments to orientate themselves with the items in their packet and put on their nametags. Week one starts. Phase two is week one. Phase three is week two. Phase four is week three. Phase five is week four. Phase six is the debriefing at the end. Each week lasts 8-15 minutes long with a short break in between the weeks (1-3 minutes). There are 12-13 stations set up with 1-2 stations per table. Each station represents an agency or resource in the community to assist participants in completing the terms of their probation/parole. Phase six is the debriefing at the end. Each week lasts 8-15 minutes long with a short break in between the weeks (1-3 minutes). There are 12-13 stations set up with 1-2 stations per table. Each station represents an agency or resource in the community to assist participants in completing the terms of their probation/parole.

## **Focus 4: "Building Rapport While Navigating the Ethics of Telehealth (Part 1 of 2) *must also attend Part 2 - Breakout 7, Focus 4***

Michelle Sundquist, MA, LCPC

**Location ~ TBA**

The use of tele-behavioral health has increased tenfold during the pandemic throwing many of us into unknown waters. Research has demonstrated that a good therapeutic alliance is the biggest predictor of successful therapeutic outcomes. But how can we create strong therapeutic relationships through a computer screen? How do we balance connection, HIPPA compliance, and ethical considerations when utilizing telehealth? This presentation will discuss ways to navigate the telehealth landscape and provide insight into the ethical requirements of providing services via teletherapy.

## **IFocus 5: Harm Reduction Policy to Practice**

Malika Lamont, Director LEAD Washington State Expansion and Project Director VOCAL-WA

**Location ~ TBA**

The Federal announcement of a shift to a stated and marginally funded harm reduction direction, and the state and local environments are constantly shifting - what does that mean?

Harm Reduction has always responded and operated according to the necessary and pragmatic needs of people who use drugs for and by themselves and their communities. When systems and governments get involved the nimble, compassionate, and responsive nature of Harm Reduction often is blunted because systems and policies that have been harmful to the people and communities Harm Reduction helps. This session will explore different intersections of this dynamic, and the ways various interventions from both policy and practice perspectives are reducing harm to people that use drugs by working with people with lived and living experiences.

## **Breakout Session 7 12:00 pm-1:30 pm**

## **Focus 1: QPR Suicide Prevention Training: Empowering Nonexperts with Life-Saving Skills**

Andra Smith-Hansen, Communication Dept. Faculty, BYU

**Location ~ TBA**

QPR is practical training that refreshes the skills of professionals in the field and truly empowers nonexperts. QPR, which stands for Question, Persuade, Refer, reinforces skills essential to suicide prevention.

In simple terms, QPR teaches SEE, SAY, and DO skills. Attendees are likely to leave more confident that they would recognize someone at risk of suicide, understand the way to ask of thoughts of suicide and have strategies for navigating a conversation with someone at risk in a way that increases the likelihood the individual will choose to live and seek help. Trainees are also made aware of vital, easy-to-share resources beneficial to individuals in crisis.

QPR is skill-based training designed to position trainees to respond actively and to bring to individuals who may be at risk of suicide. QPR trainees are prepared to serve as the bridge between crisis and more long-term expert help.

## **Focus 2: Oxford House: Peer Support Recovery with Proven Success**

Stacie Hatfield, Sr. Outreach Coordinator

**Location ~ TBA**

Oxford House offers a supportive way of living, and opportunities to learn skills in an alcohol and drug-free environment. We will be discussing the history, model, and concept of Oxford House, as well as the requirements, to open an Oxford House and the eligibility to live in one. Oxford House is the missing link in the recovery process. It provides the time and support needed to develop comfortable sobriety.

## **Focus 3: Family Engagement in an Era of Telecounseling**

Kim Keys, LCPC, NCC, CS

**Location ~ TBA**

We understand that engaging families in the care of its members is vital to treatment success. An already arduous task, the increasing use of telehealth as a platform for counseling creates additional hurdles. This course will outline ways to create meaningful partnerships with family members through both on and off-screen platforms to facilitate lasting, invaluable change.

## **Focus 4: "Building Rapport While Navigating the Ethics of Telehealth (Part 1 of 2) *must also attend Part 2 - Breakout 6, Focus 4***

Michelle Sundquist, MA, LCPC

**Location ~ TBA**

The use of tele-behavioral health has increased tenfold during the pandemic throwing many of us into unknown waters. Research has demonstrated that a good therapeutic alliance is the biggest predictor of successful therapeutic outcomes. But how can we create strong therapeutic relationships through a computer screen? How do we balance connection, HIPPA compliance, and ethical considerations when utilizing telehealth? This presentation will discuss ways to navigate the telehealth landscape and provide insight into the ethical requirements of providing services via teletherapy.

## **Focus 5: Reentry Services through Idaho's New Connection & Intervention Stations**

Evette Navedo, GEO Reentry's Statewide Manager for the Connection & Intervention Stations in ID, and Cory Barrier, District Manager, District 3 Probation and Parole

**Location ~ TBA**

In 2020, the Idaho Department of Corrections expanded reentry services statewide by implementing four regional centers that deliver evidence-based programs for parolees and probationers. Called



# SCHEDULE OF BREAKOUT SESSIONS

Connection & Intervention Stations, these community-based, non-residential centers are a hub for in-person treatment and training, online programming, and links to community support services. This workshop will discuss the population involved, the drivers of criminal behavior, how these centers function, and how staff collaborates with community providers to reduce recidivism.

## CONGRATULATIONS 2022 SCHOLARSHIP RECIPIENTS

**Mark Emerson  
Memorial Student Scholarship  
TBA**

### **Regional Scholarship Winners:**

**Region 1: TBA**

**Region 4: TBA**

**Region 2: TBA**

**Region 5: TBA**

**Region 3: TBA**

**Region 6: TBA**

**Region 7: TBA**